

JOURNEY TO THE INFINITE

*Break through the illusion,
and find your truth*



SPIRIT TALKS

Journey to the infinite

Break through the illusion and find your truth

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Author's note

The purpose of this book is to educate the general human population on reality and the expansion of mind, body and soul.

Generally, we think in terms of, “How can I do this?” Or “how does this work?” always objectifying thoughts and emotions, trying to find a purpose and subjectify things to time. This way of living makes us human doings rather than human beings. Instead of laying back and allowing the clouds to run their course, we stand up and put them in their place, preparing them as if they were about to perform a play in theatre.

I have made this book as compact as possible, while making sure all essential information is embedded; a virtual tesseract. The chapters in this book range from mastering the mind and body, to understanding how we are ruining this reality by our modern ways of thinking and religion.

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For further information or questions please contact me at spiritcentre.spirittalks@gmail.com or find me on YouTube, Spirit Talks | Nathan Virtus Ⓥ.

For my dear friends and family,
Kader, Abdul, Ali, Bawan, Liam and all of the Haynes...

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Problems with our existence, as humans

In 1970, the population of white rhino's was a mere 500. In recent years numbers have dwindled to only 4. The Rabbs' fringe-limbed tree frog is the loneliest creature on Earth. It is the last of its species. The Yangtze giant soft-shell turtle, only 1 female and 3 male exist to date. The species chances of survival are plummeting by the day. Tragically, in 2012, the Pinta island tortoise passed. The world believed this species was extinct, however recently studies suggest there is a single one still alive and kicking.

Each one of the beautiful creatures listed above is a unique aspect of consciousness and this reality. Every time a life is taken, be it a fly or a blue whale, a speck of wisdom, knowledge, and hope for mankind hovers into the eternal void that is ignorance. Now, what I want you to do is go back to the start

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of this book and start again. This time, do not read the words, but feel them in your heart of hearts. This is how your life should be lived, and this book read.

Humans have many faults, but rather than calling them faults, let's call them mistakes. The main mistake of humans is believing that we are an independent arising. In reality, we, along with everything else are a dependant arising. We rely upon our surroundings to structure and support our lives. Without trees and plants there would be no breathable air, we would die. Without the atmosphere there would be no shielding from the sun's radiation. Without the sun, there would be no life. Do you see how everything in nature works in conjunction? The average human does not see this. We see our surroundings as slaves, something we can use to better ourselves and gain abundant materials. We are the only creatures on this planet that does not work in accordance to and with nature. Read that

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sentence again, but observe how it makes you feel.

Morally, the only being that can act through their own mind, through their own wishes is the one who arises independently. Take a book for instance; what makes that book a book? Is it the pages? The Covers? The concept of a book? Or, is it all of these things together? Without the covers, would it just be some paper? Without the pages, would it just be some covers? In the same sense, what makes a human being a human? Is it the hand or eyes? The heart or the brain? What defines a human as a human and a dead body as an empty vessel? Is it a functioning cardiovascular system? Perhaps it depends on whether the body can breathe or not? It sounds funny, right? "You're not a human if you can't breathe." To me, that sounds no different than saying you can't be human if you are missing a hand. The true meaning of being human is living in harmony with all surrounding dependant arisings. By this

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definition, if you are missing a foot, you are still a human, as that foot was subject to a happening of dependant arisings. Very much how, if you line up dominos and push one, they will all fall down due to a chain reaction.

The most amazing thing about this reality is that it is as expansive and miniscule as we observe it to be. You can find this everywhere. For example, an elephant. That elephant is made of each individual body piece; the feet, tusks, trunk, torso, ears, head, mouth, and on. If you look further, these bodily parts are made of animal cells; you know, the mitochondria, the plasma membrane, the Golgi apparatus. Looking even further, the mitochondria are made from outer and inner membranes composed of phospholipid bilayers and proteins. Even further, the proteins are formed of amino acids joined together by peptide bonds. Eventually you will get to the atomic point. The neutron, proton and electron. Now, this is the interesting part. The neutron and

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proton are both made up of smaller things called, quarks. However, from what we know, the electron is called a lepton, meaning fundamental particle. In today's modern age, we cannot see anything smaller than the electron. Most of science believes the electron to be an independent entity. This means the electron came into existence by its own right and doesn't depend on any external features. I

guarantee, within 10 years science will have found at least 5 things that are smaller than the electron. On the flip side of the coin, we can zoom outwards. The elephant is a part of the elephant species, which helps make up the animal kingdom. The animal kingdom helps regulate the general population of the planet, including plants. Regulating the Earth's population help other species thrive, survive and develop. Without the Earth's population, the planet would be dead. If the planet was dead, it holds no observer, thus useless. Ridding of this planet poses a threat to the rest of the solar system; all of the other planets, Mars, Jupiter, Saturn,

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would spin out of orbit, destroying the solar system. It's becoming easier to see how important the electron is, how nature relies on dependant variables, isn't it? In simpler terms, imagine having an infinite amount of triangles inside triangles. If you were to remove one triangle it would disturb the overall structure and create a missing link within the triangles. Also, it wouldn't be an infinite structure now, would it? It has a place of origin.

In conclusion to this first chapter, are we as humans a dependant arising, if so, what happens when our structure is demolished?

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The inevitability of oneself

The inevitability of one as an individual in this current day and age is non-self realisation, also known as ego development. However, there has been a great misconception of what the ego truly is. Many so called “teachers” claim that the ego is a malicious aspect of this reality out to hunt you down.

Many times have I heard that the ego feeds off our ignorance and vanity? Apparently, the reason for this is so we will stay trapped in this eternal loop of karma. If the ego can make you vain and self loving, you will not learn to release your karma and attain enlightenment and nirvana they say. The ego makes you egotistical and materialistic, thus incarnating you back into a body and feeding from your vanity further. This is all I ever hear. The ego is bad. Destroy your ego. Blah blah blah. What people seem to forget is how we perceive this reality depends upon our own observations and

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self-realisations. This means whatever you achieve on an internal state will manifest in this external reality. That's all physicality is, an external projection of an internal, truthful reality. We are a mirror for what we observe. We experience this everyday of our lives. When we fall completely and unconditionally in love with someone, we perceive everything so beautifully. Life is great. However, when we become extremely depressed and hurt, the entirety of this reality is out to claim us in its seductive grip. What happens inside happens out.

Now we understand and have experienced how fast polarities can shift through internal matters, we can overlay this concept of the ego over our newly understood hypothesis. The ego is a slim perspective of oneself. It is an essential piece of our being. We can see this because it exists and we can conceive the idea of it. Now knowing that the ego is a part of oneself, hating it is very much like hating your hand. Your hand is just there, a part of your body, trying to help. You're the

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one who controls it and moves. Claiming that your hand is evil because it picked up a knife and stabbed someone is extremely malicious and hateful towards oneself. Even worse, trying to rid of the ego is like trying to chew off your own hand. Blaming others for your poor decisions (for example the media and television) is irresponsible, and the only person you are running from is yourself. In Buddhism, we learn that you are responsible for every action, movement, and idea conceived by yourself. Yes, others can have a profound effect, but if someone hands you a gun, they're not the ones aiming and pulling the trigger. You were in all right to throw away the gun or turn it down. The media may tell you to allow others to plant their hopes and dreams in your garden of opportunities, but you are the one who makes the action and even listens to it in the first place. So, the next time you hear someone say that the ego is manipulative and disgusting; you will know that they are talking about themselves. You

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will also know how they perceive reality. Do you really need people like that in your life?

The ego is not the idea that you are above the rest and that you are more important than all, but a defence mechanism. A defence mechanism for the being who steps into a reality and had no idea where the beginning or end may be. Visualise this, you were sitting in your home one day and suddenly you dive into the middle of a vicious stream. As this stream comes into contact with you, chills travel throughout the entire of your body. This stream is as long as the Earth is wide. You're going to be pretty damn scared, right? In this situation you must project yourself as "the big man", "the boss" in order to survive and thrive. You will never feel satisfied with your life until you find a place where you are secure and comfortable. This is the purpose of the thing we call the ego. Now, don't get me wrong, being the big man does not mean you have to steal what others have, and not give to those who have not. With being the big man

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comes a choice; be manipulative and controlling like most of the multi-millionaires in today's monopoly, or be the self-realised being who knows that the boss is the one who is comfortable in their own skin and helps others realise the truth too. See, nothing is in control of the decisions you make. You are the only constant in your life; don't let it become someone else.

I once had a great friend. He was one of those people who would lecture me about the parasitic nature of desire. Not to mention how “ego” based competition is. So, this friend of mine would state, “Desire, wanting, striving for the things you don't have. Desire will only lead to attachments to specific objects, emotions and thoughts. As you know, being a Buddhist, holding onto things and forming attachments will only lead to suffering and pain. That suffering and pain will then lead to resentment and self hatred. Let go of your desires, they are parasitic by nature and serve no real purpose.” Whenever I would hear this, I would try to

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explain what desire really is. So, here we go...

Fundamentally, desire is that sense of wanting more. It is that sense of striving for a specific goal, or place, something you don't yet possess. It is wanting that promotion at work. It is working hard to achieve those A-levels. Ultimately, it is striving for something more, that one goal you **MUST** achieve. When you think like this, you come to a fork in the road. On the right side, you have that undeniable sense of needing something. When you can't get this something, it's like coming off a drug; it pulls you back in while it teases you. You notice that whispering voice telling you to "stop and turn back", but you don't. You don't because you feel this something will bring you so much exquisite pleasure. Giving in, you feed yourself to this something. It doesn't eat you whole, but chews on the rims of your flesh. It gives you feeling of an itch you can never scratch. Always biting at you, winding you up.

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Eventually, you hit that point where you explode in anger, frustration, and rage. Still, you turn back around and give in to this sense of pleasure, repeating the loop. However, on your left you have that joyous aspect of, “That is my goal, and I’m going to reach it. When I do so, it will make me a better person. I will gain all necessary experiences, and move on to my next goal.” This is also desire; however it is a healthy sense of desire. This sense of desire gives you something to aim for. It gives you a purpose. Think of this; we incarnated onto this plane of reality for a reason. Whatever that reason is, it is a desire. For example, I desire to help myself and others develop and evolve in consciousness. It is a desire, but beneficial to you and others around you. Don’t believe in reincarnation? No problem. Why do you eat? Why do you brush your teeth? Why do you exercise? Why are you reading this book? Allow me to answer; you desire not to starve. You desire to stop your teeth from decaying. You desire to keep

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your body from becoming frail and weak.
You desire to learn something.

Desire is the main driving force in this reality and the next. Without desire where would we be? I sure know we wouldn't be a rock! That rock desires to be a rock. No desire in living equals no existence. Simple.

In Buddhism, we talk of a state of consciousness known as, Nirvana. Nirvana is practically impossible to explain. It is the state most Buddhists desire to reach within their lifetime. It is a state of complete and utter bliss. It is an ultimate state of being. What I'm getting at is, Nirvana is the only state in which desire does not exist. Do you understand? Nirvana is the state of beingness, which means no thoughts arise. No thoughts of the past, present or future. Nirvana is eternal, meaning any other time zone is irrelevant. There is no need to desire, so you don't. Of course, the path to Nirvana is desirous as it is a target.

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In a very short conclusion, desire is necessary in our current state of living.

The concept of competition being ego based and manipulative may just pop into your head someday. It did for me. This section is very similar to the section above, in the respect of a fork in the road. Competition can become quite a controversial topic. Let's take a race for example. You are running that race for one of two reasons; first, you want to better yourself, and push yourself to the limits. You want to create a healthy relation with the other competitors, not hating and shouting if you are to lose, but patting them on the back and congratulating them. Then training your arse of ready to beat them next time. Secondly, you want to prove to other people that you are better than them. That you are the best and no one can compare. Not doing the race for personal growth, but through malicious, and hurtful desires. It's pretty easy to see which one is more beneficial to you and those around you.

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The first example is known as healthy competition. It has been proven that healthy competition encourages;

- Growth in internal and external relationships.
- More engagement specific activities.
- Becoming more sociable.
- Higher self esteem and confidence.
- Higher results on intellectual tests.
- And more

The second example is known as malicious and egotistical competition. It has been proven that malicious and egotistical competition results in;

- Non beneficial desires encouraging drug and alcohol consumption.
- Having little resilience.
- Becoming antisocial.
- Becoming self conscious
- Lower results in intellectual tests.
- Attracting negative people into your life.
- And more.

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Healthy competition guides you along the conscious path of benefit and self-realisation. It helps you be the best you, you can be. By being the best possible you, you are very much like a flowing river; no clumps of seaweed, rocks or mud blocking your flow. Once you have discovered your flow, the knowledge and understanding will come flooding in. Not only will it guide you along your spiritual path but, it will teach you how to deal with different situations in future times to come. Knowing how to lose to someone, and still befriending them will allow you to build deeper ties with surrounding beings in times of deep struggle and pain.

Summing this up, it is quite easy to see how the right type of competition can greatly benefit you in your spiritual progression and social progression. Next time someone claims competition is ego driven and straying you from your true path, refer to this.

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Religion and Enlightenment

You may not want to admit it, but we all collectively feel a missing “something” deep within ourselves. A missing aspect of beingness. A hole within our heart. Us, as humans are constantly trying to forget about this lost aspect of oneness, this unity. We try to forget about it by endlessly chasing after external arisings, external means of forgetfulness. Of course, the most popular comfort among people is drugs. Now, when I refer to drugs, it is not only cocaine, marijuana and heroin I am aiming at, no. Drugs can be numerous things. In my opinion a drug can be anything that affects beingness through a seductive grip. For example, coffee, technology, food and most importantly concepts. So, when we are running away from this hollow area in the conscious mind, we are actually running into spiritual ignorance. Spiritual ignorance, in the respect of not realising that these drugs only offer an empty promise. Now, I’m not

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one of those people that continuously tell you you're doing wrong, but don't listen to my own advice. We are all guilty of spiritual ignorance, myself included. I understand you probably hear this a lot but, performing spiritual ignorance is not the important role in this; the important thing is recognising this ignorance, and learning from it. Actually, it is probably better committing spiritual ignorance than not in a respect. By committing spiritual ignorance, you have something concrete to build upon; however, if you never commit spiritual ignorance, you may have no idea of what is next upon your spiritual path. It is much easier to catch ignorance by the tail than recognising where a deep anger has arisen from. For example, listening to music every time I go cycling is my ignorance, and by performing this, the only thing I am doing is running away from myself; no different than a dog chasing its tail really. However, I cyclically get depressed from what I believe to be a poor experience with my abusive father, yet it is practically impossible for me to figure out

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what individual actions lead to his and my actions.

The most common spiritual ignorance that plagues the Earth would have to be religion. Not to say that religion is negative in any sense, but more often than not, it pulls people from the truth. Realise here, I am not saying that religion is bad or lying, but it simply pulls people from their truth; or more accurately, you pull yourself from the truth.

Approximately one and a half years ago, I was sitting with a friend of mine, his name is Mulu. We were waiting for another friend named Kader. So, Kader is usually late to everything; I and Mulu decided to take a seat on an old worn log. While sitting on this log, we were just observing the ocean of wildlife residing around us. It was beautiful. Giant Oak trees towering over us, the warm voice of the wind quietly whispering into our ears, sharp blades of vibrant grass home to thousands of insects. Around five minutes into this sitting session, an old man, possibly

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in his late 50's or early 60's approached us along with two teenage girls who seemed to be in their mid teens. The first words that trickled out of his mouth were his introductions. He introduced himself and his two friends to me and Mulu. He went on to explain to us that he was here to tell us about his religion. Of course, living in the UK, it was Christianity. I'm not going to give you the entire conversation, which would be extremely boring. However, there was one thing that really stood out to me. This man said something along the lines of "Christianity is all about handing you the ladder to climb out of this hole humanity has dug for itself." Of course, he later confirmed that he was indeed referring to giving your heart to Jesus Christ and God. Just hearing this struck me like lightning; this informed me that spiritual ignorance is not something that blows away in the winds of time.

Just about every major religion in today's world relies on an external factor, a God, on getting humanity out of this mass

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destruction. This makes me giggle a little. Something taught in Buddhism is; “One is responsible for one's actions, thoughts and understandings.” This message is also taught by millions of spiritual masters worldwide. It is us who interprets information the way we do, it is us who say what we say, it is us who do what we do; and if you live you're life constantly blaming others for your own faults, you will forever be running away from yourself, along with everyone else you know. Yes, everything relies on cause and effect; however, if someone hands you a gun, it's your fault for pulling the trigger, not theirs. In other words, the moon affects how the ocean waves, but doesn't create the water.

God. We all think we understand the concept of God, but, bluntly, we don't. Let's look at God from a philosophical point of view. God created this reality and every other reality in existence. God is the creator of all and cannot decay (die). God has the power to judge us and send us to either

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eternal bliss, or eternal suffering, yet is completely merciful and unconditionally loves God's children. From this understanding based upon the religious texts of the Bible, Torah and Quran we can understand that God is an independent arising, meaning God came into experience in God's own rights under no universal laws. God exists completely independent to this reality, and the next. However, this doesn't make any sense. As I explained in the beginning of this book, everything observable, including thoughts and emotions are dependant arisings. They can't exist without an observer. In turn, this supports the idea that God is not an independent arising, but dependant like you and me. You see, nothing in this reality, or the next can exist in its own right as it has no observer. Humans are constantly interacting with internal and external means of consciousness; why do you think we die? Let's imagine something for a moment. We have a void, completely existing in its own right (in actuality this is impossible as we

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can conceive the idea of it). Now, this God must be this void as if God existed in correlation with this void, God becomes a dependant arising; very much how you can't move if you have nothing to move relative to. So, God is this void. As soon as God creates something, an object, a thought, God becomes dependant. Through observation comes the arising of thought, development of thought leads to understanding, and understanding, experience; this is the necessary means for creation to take place, and even so, you still need to observe something, making you dependant. In conclusion, this sense of God being not subject to our thoughts is impossible. An independent arising would have to exist outside of all as nothing could ever interact with it. Hell, it wouldn't even know it exists as an it. It would be an extremely unknowledgeable being (in philosophical terms) as it wouldn't be able to even conceive a thought, nor have any means of understanding or expression.

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The concept of this life being a stage of personal and spiritual progression in which we phase through into a life after death, full of bliss or punishment has been recorded in practically every culture throughout the history of mankind. In the ancient culture of the Maya, the equivalent of hell was known as 'Xibalba'. The knowledgeable Dogons believe that the 'Nayama' (Life force) and 'Kiki Nu' (Soul) would reach 'Adyenne' (Heaven) to be with the great God, 'Amma'. The Muslims believe that the soul leaves the body after death and enters a new realm, until the day of judgement comes upon us, where, 'Allah' (God) will send the warm hearted to eternal bliss, and the stone hearted to eternal suffering. There are still thousands of examples to go by, from the Sikh to the ancient Egyptians, to the Naacals. Scholars know it, and so do we; there is no way accurate beliefs and accounts such as these could exist in every culture throughout the whole of history, with such similar concepts.

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Looking at this scheme of Heaven and Hell from a more philosophical root, we can begin to understand it better.

Fundamentally, the ideas of Heaven and Hell are that good people will go to Heaven, and bad people will go to Hell. In other words, those who live outside of their inflated ego, those who do good deeds and want to help others from the bottom of their heart will live the next life in a rewarding bliss. Those who live only for themselves, money and lust will live their next life in a punishing Nether realm. The people who live good lives will inhabit this positive flow of emotions; the people who lead bad lives will inhabit this negative flow of emotion. Got that? Okay, let's move on.

The conscious mind is that of thought, awareness, and understanding; these things are not physical. If you are to close your eyes and think of an apple, it doesn't just manifest, you see. When death occurs it is the decaying of the body due to interactions

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taken place within this lifetime. So, when we die, all that will be left is consciousness, because our conscious being is separate from our physical being, we know this from experience (I'll get into that a little bit later). This awareness will now become aware of its surroundings at this higher frequency where thoughts become reality. Think of it like this, we can hear between 20hz and 20,000hz in this physical realm; in this thought realm, our awareness can interact, let's say, between 5 Hz and 5 million Hz, or whatever (I don't have exact numbers). So, if a good person's awareness is full of positive experiences, they will create a 'Heaven' for themselves in this thought realm; very much how a bad person will create their own living 'Hell'. These thoughts are in between the 2 frequencies that make this thought realm, thus instantly manifest; a perfect example of this would have to be when you dream. When you dream, your body enters a state known as 'sleep paralysis'; this is because, in your dream cycle, you enter a state called 'REM'. REM

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stands for 'Rapid Eye Movement'; this is when we have most of our dreams. Our bodies enter sleep paralysis so we do not act out our dreams; interesting thing is, because our body is numb and not interacting with this physical reality, we can interact with this thought realm on a deeper scale. Think about this, when you are dreaming you are not aware of the sensations of the bed and pillow you are sleeping on are you? Even if you are, in turn, your dreams become less vivid. So, when you dream, if you ever remember your dreams or ever have a lucid dream, you will know that whatever you think of will just happen, or appear; right?

In conclusion to this chapter, we create our reality in these realms, very much how we can create compounds from elements in our physical reality; simple, right?

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Harmonisation of the mind and body

Complete and utter cognition and awareness of the happenings and actions taking place within one's own perception of reality; this is total harmonisation of the body and mind.

When one decides to place one's awareness upon an object, that object is then subjective to you. Thoughts, just as everything else, is energy manifested to fill a certain mould; in turn, focusing these thoughts upon an object, the object cannot help but to be subjective. Any observable object is a dependant arising, making it inevitable for the object to be anything but subjective to surrounding happenings. This is why you should watch your thoughts; not watching your thoughts and allowing these negative arising thoughts to bite you is ignorant, allowing these arising thoughts to bite other people is selfish. Watch your thoughts, if not for yourself, for the family around you.

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Many times have people approached me and asked, “How do you justify eating plants but not animals?”. I’m vegan you see. The answer to this is very simple. The reason I for me not eating meat is one of health, morals and spirituality. My response is something along the lines of, “Why should I have choice over who dies and who does not? If I can save a life, I will do so. Plants do not have a nervous system and cannot feel pain in the sense that we can. Plants respond to thoughts, the only way they would feel pain or pleasure is if they are subjective to our negative and malicious, or positive and peaceful thoughts. Not only do I gain health and happiness from my diet, but I exercise by means of mindfulness.”

Our bodies are not only subjective to thoughts ethereally, but, in turn, physically to. The occurrence of malicious thoughts leads to the seeking of comfort and forgetfulness. When these thoughts arise we turn our backs on the obvious exquisite

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divine and turn to drugs, food and depression. Of course, in today's modern era, we cannot escape interacting with others thoughts and emotions; very much how a fish cannot swim through water without getting wet. Interaction with thoughts and emotions may be inevitable, but we can still decide how they arise.

As a happening occurs, observation takes place, leading to the arising of thoughts; development of thought leads to ideas, thus influencing action. From action comes success or failure, thus experience; from experience, the further influence of well thought out actions. Understanding this allows for us to change how thoughts arise. Happenings come from every dependant arising throughout existence; just like a stone being dropped in a still pond; energy transferred from the stone rides the ripples throughout the entirety of the pond. So, if we can't affect the happening, we must affect the observation.

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Observation is different to everyone due to an infinite amount of perceptions among the human race. So, it's simple, alter you're perception from half empty, to half full. Doing this will change the arisen thoughts, thus much nicer experiences and a healthier body and mind.

The common misconception of meditation is that it clears the mind of all thoughts and puts one in a complete blissful state. In fact, it is impossible to have no thoughts in this reality. It is the lenses in the eye which allows light to be conceived, and the eardrum which passes vibrations in the air along to the 3 linked bones, passing further along the process.

Taking a step back for a moment, we must understand that observation takes place when an external happening or doing is noticed; from this, arising of thought happens from judgement and comparison of previous experiences. A rock is only hard relative to soft skin. It is through comparison

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and judgement this reality is created. Without eyes to conceive light, it would cease to exist as there is nothing for it to depend on, it no longer belongs in this reality as it's now a singularity; to live without comparison is to move away from mind and body, past this reality and the next, into singularity.

Understanding that meditation is a fundamental part of mind and body harmonisation is progression. Not understanding meditation is delusion. The idea is not to rid or gain anything, but enter the state of Zen.

Zen is the state of truly expressing one's self. As Bruce Lee put, “Anyone can go and put on a cocky flow, but to truly express one's self; that is very difficult.” Zen is the state of being in which all arisings are observed, such as a cloud passing through the sky, or a wave crashing over a rock. A common perception of Zen is of course, the meditating monk; however,

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Zen is the hobby. Hobbies are man's way of expressing their unique perception of this reality. As 3rd dimensional beings, we can view any physical object from an infinite amount of perspectives; this is just like the human race. Every human being who has ever existed and ever will, all have a unique perception of this reality; it is our gift.

Expressing this perception is done through hobbies. One could say that hobbies are nature's way of guiding us through life, just like a stream; the current is telling the rest of the water where to go. This is exactly why we like and dislike things; nature tells us where to go by giving us hobbies, and wards us off the wrong path by giving us dislikes. Now, when you purely and truly express yourself, you will be recognised; this is others feeling you're perception of reality, of understanding your expression. Why do you think beings such as Van Gogh, Beethoven and likeminded artists are still known and remembered today? We are still learning from their expression.

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In conclusion to this chapter, Zen is not necessarily sitting meditation, but true expression through hobbies and joy. This induces mind, body, spirit harmonisation.

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The observable universe

We live in an ever expanding macrocosm, heavily influenced by an infinite microcosm. The observable universe is as expansive as we explore it to be; it's very much like trying look at the back of your head without a mirror, or camera. Just as we cannot bite our own tooth, or touch our own finger tip, the universe will always send something our way just when we think we have found the end or beginning of the micro/macrocosm.

The reason that in our current state, we cannot conceive the idea or event of nothing, nor everything is because this reality is dependent upon the comparison and reflection of current affairs. Explained in previous chapters, a dependant arising can only exist in correspondence to external variables and happenings. Take for instance, without the comparison and acknowledgment of hot and cold by all creatures, there would be no temperature, simply a happening that wouldn't be

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conceived as a happening. Taking this into consideration, we can conclude that to truly know and experience everything, all and no external arisings must be experienced at once; that is like believing, and not believing in god at the same time. It is impossible to fully indulge into both concepts without a speck of doubt, question or reason in both.

It is pretty much the same idea for an independent arising. An independent arising exists in its own right, meaning it corresponds with nothing. Thus, in order to experience independence, there can be no comparison between arisings, meaning one would have to transition through this reality into the next.

There must be a border point in which this reality ends and the next begins. Think of an apple in the palm of your hand, it doesn't just manifest; this demonstrates that thoughts exist somewhere else, past a border, not allowing them to seep through every now and then. Thoughts are just as

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real as this reality. When you fall asleep and lose conscious awareness of your body and surroundings, your thoughts take over, inducing a thought realm. Who's to say that falling asleep isn't waking up? If you remember your dreams, you will know that they are just as vivid as life itself. Let's say that dreams are a second reality that we enter when we fall asleep; this concept would suggest that life in its raw aspect is just as polarised as reality. Hot and cold, black and white, good and bad. This means we live a split life in multiple realities; one with strict rules, one with none.

In my opinion, this dream reality exists in harmony with thought and emotion. Just as our being can interact with physical surroundings; chairs, shoes and paper, our awareness interacts with metaphysical surroundings. As we fall asleep, our body enters a state of paralysis to stop us acting out our dreams. Since our body is paralysed, our thoughts are the only sensation we are aware of. Being aware of

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our thoughts gives us heavy influence over them, just as being aware of our body gives us better influence over it; when you're tired, you lose coordination and reaction time. Awareness will exist on a similar level to thoughts and emotion, as that is what awareness is formed of. By becoming less aware of the physical ways of observation, we switch to awareness of metaphysical means of observation and interaction; in other words, dream realm. If you prick your hand you will feel it due to focus. Remove the body; you will feel new sensations due to focus. This dream realm is just as real as the book you are reading; if it simply wasn't, don't you think physicists would have come to the same concrete conclusion after decades of research and testing?

The observable universe depends upon your interaction and comparison. This reality is existing for you, if not, what is your significance? It is you who is creating this reality. It is the nerve ends in your skin that picks up electric vibrations in the air which

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you distinguish as hot and cold. It is the lenses in your eyes that alter light into a conceivable happening that your brain can process. You are literally creating this reality by being right now!

The way we perceive the universe changes how we observe it. Reality is a perception based happening. One person may wake up to rain and stare at its infinite beauty, while someone else may view it as a cold and wet inconvenience. Our senses bridge way for us to interact with the universe, but we still choose what we want to see; if you meet a new person in work or school, you'll begin noticing them all of the time.

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Objectifying joy and life

Mankind is a very objective species; always needing to get to this location by this time, or reach this goal within this time frame. Pretty much all of our everyday lives are objective, and sometimes, we have the same goal as other people; it becomes a race to objectify.

Mankind's nature to be objective is a trait of our survival instincts; get food for the next night, find a shelter from the storm, and on. However, the concept of, Journey to the infinite is to move up the spectrum, past greed, jealousy and survival; into a state we can quite clearly name 'Heaven', or 'Nirvana'. You see, we as humans are extremely good at having objectives; we have adapted for it. When one has an objective, their perception of reality becomes narrow and focused on that one place, or goal. If one's prize is to win £1 million from an archery competition, one would most likely give up their time with

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family, or work to prepare for the contest. I have even seen some people state that they have left their partner, who they loved, for a richer someone else. It has been seeded in our heads that money is a necessary means for survival in modern times, so, we objectify it, naturally. If someone says they will give you half a million pounds, or half a million rubber bands, you'd most likely go for the money as the rubber bands hold a lower value in the game of survival.

So, the trick is to understand what is needed, and when. But, how do we do this? Ask yourself, does working a 9 till 5 job allow me to live this life I am trying to fuel? If not, what is the point of doing something so dreadful that you need a wager to do? It's basically like going to a homeless man and asking him if he'd like to clean up a shed full of dung. If he responds with no, you offer him a week's worth of food; hallelujah, you've yourself a new worker.

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The answer is the question. Will doing this allow me to truly express myself, and survive in a state of bliss? Otherwise, you are working in a dead end job for hours on end to purchase a house, or other 'thing', which you'll never have any time to enjoy because you're too busy trying to fuel these things with the money you obtain from this job.

As we discussed in previous chapters, you're hobby is obviously you're purpose due to the state of bliss and you are in when in activity. So, why waste your time in this vicious cycle of 9 till 5 if you only tease yourself with the idea of eventual joy. The thing is, you don't need to wait to do you hobby, or to be joyful. Do it, and you're happy. It's only when you stop yourself from doing what you enjoy you become sad; that's nature's way of steering you back onto you're path.

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Essential means for peace

If the top of a river is still, yet underneath, predators tear their preys' organs out of their stomach, and devour them, creating an upper class of dictators; does it mean that the river is at peace? If a person is quiet, never raising their voice and always forgiving, yet are plagued by the memories of past tortures, are they living in peace? Do not mistake the absence of noise for peace.

Modern day Earth's agenda runs along the line of giving way to the elites. The top 1%. This 1% holds the majority of all money in the world, thus power. Included in this 1% are the CEO's of banks and major corporations. But to them, it's all a game. And the prize? The prize is power.

In 2013, the UK's 1% sold over £12 billion worth of weapons and nuclear devices to the world's most brutal and violent dictators. Of course, the development of these weapons included the exploitation and

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testing of people living in poverty. These dictators were then turned against one another; in turn, profit for the 1%. As we know, money can bend a man's will, thus power.

We are working 9 till 5 jobs. We are buying chemical plagued food. We are turning a blind eye to daily demonstrations of injustice, torture and exploitation. We're quiet, not questioning our existence. Never answering back. Are we living in peace, or fear?

The second example given at the beginning of this chapter is simply the micro to the macro of this present moment.

So, it is up to you. Live in quiet fear, or rowdy peace.

We all owe ourselves something. A chance for peace of mind. A chance to be able to look at ourselves without a judgemental spec in our eye. A chance to look past the

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mask; this personal we have all worked so hard to uphold and develop. We all deserve a chance to be able to live without the weight of ourselves dangling from our heart. Or do we? Do we deserve the suffering we have brought upon ourselves?

There is no existence without pain, misery and disgust. Detachment, or rather fear of detachment is what leads us behind the veil. Promise and hope of forgiveness is what leads us down the rabbit hole; once we have chosen to delve deep within, there are few things we can do.

Giving in and having your knees buckled leads to death. Death of body, death of mind, death of heart and death of will. It burns and tears at the skin, it swings at you with raw emotion and it may devour you. Giving in is one of the toughest things we may do. For when we lay down and say, “take me” we accept the pain that loved ones will feel, and that is the hardest thing one may feel. For me, that is the only thing

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keeping me going. I preach to my family about healthy living. I try to knock them into a different lifestyle all because I know that if they die; I will have nothing to live for. It is a haunting thing; hating the ones you love because you cannot bare to put them through the pain of loss.

Struggling through the flames may be the easiest thing for some; I know it is for me. I struggle through life wearing my persona, masking the shade in my heart with a plain coarse smile. Stumbling and crawling through life gives way to acceptance that you are living for something; leaving nothing but faith for discovery of what might be so important. Not hollow hope. Not a shot in the blind of night, but something tangible. That something you may be living for sparks a light of essence within our hearts, above the weight. This faith gives us strength and a possible observation of true beauty.

Feeding off the flames is for the weak.
Trying to find your way through fantasy, but

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feeding off the flames to fuel your being is not tiredness; we're all tired, it's weakness. Not being able to face acceptance of the pain loved ones will feel from your passing, or not enduring the pain of living gives way for the people who will not accept the reality and recoil of their actions. They would much rather swig wildly in the dark than know what they are facing.

We only make others laugh due to our understanding of emptiness and pain. We only cry at the passing of a loved one because we are losing what we hold on to.

Self cause passing cannot be understood by those who follow a trail of thoughts due to the intimate ability to act through emotions, something much more powerful than any thought may be.

Endlessly struggling through the darkness and cuts holds the same logic as one riding the waves. Resistance will only lead to persistence; the trick is to ride the flow that

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is placed within you. Live in the hurt and pain, live in the joy and happiness; allow yourself to experience what has been placed before you. Take the chance to express your perception of reality through the lens that has been chosen for you. Understand what is your better or worse and find what allows for better sight.

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The momentum of peace

The momentum of bliss is like a flame to ice, or light to dark; once the first step has taken place, bliss begins to follow you for all to observe and experience. A perfect metaphor would be a truck. In strongman contests, they harness themselves to a truck, and then pull it behind them. The trick to pulling a truck is to take very little steps in the beginning to build momentum. Once you have that momentum, everything becomes easier.

Once the first step is taken, be it toying with the idea of bliss, or learning to let go, the concrete is set which you may build upon. The more you build, the easier the passersby can observe. An institution called Heart math and the general scientific community has demonstrated that the magnetic field of the heart is over 50 times stronger than that of the brain. This means, factors exerted from the heart will be stronger than factors exerted by the brain.

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This is important since the magnetic fields of the heart can interact with each other. Think of it in terms of cups of water. One person has a cup almost full of water, while the other is practically empty. When they come into contact they have to form equilibrium, so the full cup shares half of its water with the empty cup, leaving both half full (I'm an optimist). The same rule applies to the magnetic fields of the heart. Each time you interact with another, your magnetic fields slightly balance. So, if you interact with someone who is constantly depressed, it's going to leave you drained. This happens to everyone, but empaths notice it more. However, when you're carrying something as infinite as love and bliss in your cup, you can give all to everyone and still not lose anything. Love is like a flame on a candle, it can be shared as much as you want, and it will never shorten in life because of it.

On your journey to the infinite, you are going to lose groups of friends due to the exact same reason you become drained when

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around angry people. When you are friends with people who are still on their first step of the journey, yet you're a little further ahead, you're most likely going to see them less and less. People who are on the beginning of their journey may not have learned how to give way to love, so you will feel drained being around them. It is a natural instinct for your body to move away from a flame under your hand, as it is to move away from people who are unconsciously draining you. It is perfectly normal to find new friends on your journey. It happens to everyone. Even though it is a natural instinct to not spend a lot of time with them, it doesn't mean you have to call blasphemy and never see them again. You're just moving higher up the spectrum and can't afford to balance at some levels yet.

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One and another

The concept of a front could not exist without the idea of a back. It's simple logic. In this sense, when explaining where you went for lunch, you must explain your surroundings relative to yourself. Are you walking in a void? Do your legs freely dangle in nothing? We must understand that there is a floor you move relative to. By this logic, who are you?

When asked the question, who are you? You can only explain yourself in conjunction with others.

When we try to define ourselves, we can only explain what we do in relation to external factors. What are you? A person? A being? A person and being may only exist because animals and doings do. This unveils the realisation that we can only exist and know in correlation to everything else. It is a giant web of dependence and understanding. Living as a microcosm

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allowing a macrocosm holds a great responsibility in the universe. Seeing that you only know yourself because you know others is a beautiful thing and raises the question why we fight and disrespect each other. Would you throw around your last oxygen tank in a world without oxygen? Would you bite the hand that feeds you?

Realisation and understanding are two very different things; one may realise that actions are dependant of each other, yet not understand how. I'd always say that realisation is the process of experience. First, you experience a happening. You observe it and can apply it to everyday life. Understanding is that process of diving deep into something and equating how things behave and interact with each other. One may realise that reality inhabits itself, yet another may understand it. I, personally, have realised it.

After being taught to feel the essence of yourself, your soul, I was told to go into a

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deep state of meditation and inhabit this feeling.

Sitting on my bed with a cold wall supporting my back, my breath flowed as if mimicking a tide. Sliding in and falling out. My expansive awareness collapsed inwards, no longer conscious of my surroundings, but what is inside. A high pitched sound caressed my eardrums. I delve down. No longer was I in my world of concepts and physical limitations. What lay before me was an ocean of nebulas, stars and galaxies. It was beautiful. It was truth.

Smoke like star dust lay spiralling around my body. Slowly, I rotated to my left; what I saw was the most amazing...thing (for lack of words) I had ever observed. It could only be described as some type of multiverse.

Whether it was some type of psychedelic dream or not, it showed me all I needed to know to realise, everything in reality; every plant, animal, person, cloud and arising

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inhabits itself. Simply put, it was an extreme toroidal field.

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The creation of reality

Is breathing a conscious act? Is swallowing a happening or doing? This reality is built upon a paradigm; black and white, good and bad, me and you, love and hate, big fish and little fish. The question is, when we forget about these paradigms, do they still come into being? With no previous knowledge and fair judgment, does something become positive once conditions are placed upon it, otherwise a happening?

If you were to sit in a solitary room without realising you ere breathing, then suddenly realise you were, were you? The question arises from the idea that respiration is a doing, and once you realise you are breathing, do you create memories and ideas of subconscious respiration? To test this hypothesis, we will need an external factor. Bring a person into and get them to watch you. Once they tell you that you're breathing, we move forward. If respiration can happen in form of a happening and

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doing, well, it's a paradigm. Just as you can plant an acorn to grow a tree, the acorn can also fall and tumble into the dirt to grow a tree. Taking examples from microcosms suggests that the macrocosm acts in the same manner.

Sound is a frequency, a wave form. Physics demonstrates that this reality exists in a wave form, a sound. Essentially, this logic will apply to sound and reality. When one lives next to a train station, one learns not to hear rattling and clanking of the trains, but hears it when they realise it's there. Just as, when someone places their hand on your arm for a long period of time, you forget about it. However, if they continuously tap you, you notice it. In that case, reality can only exist when we notice it. The problem is, we are always noticing it.

Comparison is our main way of arising thoughts and understanding. As we know from previous chapters, it is impossible to not have thoughts in this reality. But, you do hear and read about those monks who enter

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a state so essential, they experience void. It is still an experience, thus comparison, but only a few factors exist in this state; this allows for void and perhaps heat and sound.

So, it is simple. Forget about an aspect of being and it ceases to exist.

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The logic of God

The concept of experience of God suggests that an interaction has taken place between civil and holy. This may manifest as a burning bush, or a voice in the head of our sacred prophets. For this interaction to take place, an aspect of God must have intertwined, or conversed with this 3rd dimensional realm. If not, then how can God communicate with man? It would be like someone talking to a blind-deaf man. This demonstrates that God must have levelled its self with this reality if communication is to take place. This is where the fun begins.

Everything in this reality is made of parts, even the reality itself. Nothing is made of a whole, no matter how much we may chase the beginning of this reality, it always flees from us, putting distractions into play, such as the atom, or the electron. This suggests that this interacting aspect of God must be made up of parts if it must level itself with this reality. If so, we can quite confidently

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say that the parts constructing God consists somewhat of at least the concept of God. If God does depend upon constructs and external means of arising, once one construct such as an experience or concept is lost, either that God refuses to exist; just as a building may collapse once removing a supporting wall. Or, that God becomes different due to its dependence of our creation. It transforms due to lesser conscious being changing their mind. Leading to the conclusion that God either does not exist in this reality, or is created due to mankind.

Let's just play the game and say, "Okay, let's say that this aspect of God is a whole." Meaning that the slightest aspect of God is just as much God as the majority of remaining aspect is. This would confirm the statement, "We are God". What else could we be made from apart from God? Nothing? So, if every aspect of God is fully God, the aspect that made me and you is God also. This means everything is fully God. No

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being has power over us. We make our own reality.

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Physical means of spiritual ascension

Just as emotions affect physical well being, physical can affect spiritual. Once a physical factor has been put into play; say you get punched in the ribs, an emotional aspect overcomes. If you are lacking vital nutrients, your outlook on life becomes more negative.

If physical affects emotional wellbeing, a lens is placed upon your perception. Viewing the world from the negative side of the spectrum limits your perceptions to lower frequencies since you inhabit it, creating an imbalance. Obviously, the optimal perception for ascension is that of balance.

The largest factor of physical well being is diet, meaning that it will have a profound effect on our emotional and spiritual means of observation and expression. Someone may be physically inactive, yet enlightened; look at the statue of fat Buddha. That statue was actually a Chinese monk, not

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Siddhartha Gautama. One may also cut themselves, or stump their toes, yet still be in a state of bliss. However, once your diet becomes deficient, you naturally become aggressive and miserable; it's a survival trait. So naturally, we can conclude that diet and consumption is our main way of fuelling not only the body and mind, but spirit too.

Consumption of food is the most important aspect of our overall health; it has been found that an average vegan is healthier than a meat eating marathon runner. Now, I could go through the ins and outs of a vegan diet, I could talk about meat containing harmful substances like carcinogens, refined sugars and IGF-1 raising factors, but there are plenty of sources of information for that; I suggest watching Dr. Gregor on his YouTube channel "NutritionFacts.org."

The general idea of creating an optimal diet for spiritualist is going to revolve a lot around the origins of the food. For example,

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meat that is bought from almost all shops and supermarkets has an origin of torture and pain; I suggest watching PETA's 60 second videos on YouTube for examples. Consuming this type of meat will result in the possible downfall of your spiritual progression. Consuming dense, low frequency food will only drag your frequency down.

The optimal diet will be that of a whole food Vegan diet. This way you are not eating dense foods that clog your arteries. You are eating light pastas, fruits and vegetables.

Colours are an amazing expression of frequencies, and including every possible colour in your diet will lead to beautiful things. If you are constantly consuming colourful natural foods, the rainbow will be filling you from inside out.

Make your diet as colourful as possible!

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Staying away from processed foods is amazing for the majority of your body, but there are still some factors it cannot help.

Many tribes, including that of Native Americans and Chinese, believe that hair has spiritual importance. The hair can be seen as the leaves on the branches of a tree. The ancient cultures claimed that hair was used to amplify energy; sort of like antennas. The hair has a natural cleansing system, but we disregard this system once we begin using shampoo. Shampoo strips the hair of its natural oils, leaving the hair dry, course and limp. Oil to the hair is what skin is to the body.

Using a natural alternative to shampoo is becoming overly popular. All you have to do is type “no poo method” into Google and you will have millions of results showing you how to care for your hair without the use of shampoo.

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Truth in the essence of reality

Truth is the essence of reality which everything is built upon. At the core of every internal and external happening lies beauty at the highest degree. Everything in reality has at least one thing in common. That one thing is the truth. Take a human for example; a human is made up of an abundance of tissue types and muscles. In general, we are made up of animal cells. These animal cells contain a phospholipid bilayers, lysosomes and mitochondria. The mitochondria, a complex protein matrix. In the end, we will always get down to atomic level; protons, neutrons and electrons. We know what makes up protons and neutrons, but not electrons. What we do know is that the observer subjectifies happenings. This simple law demonstrates that electrons, and everything else, depends upon the observer. The concept. The comparison.

Past all temporary happenings, all changing and morphing uprisings lays concrete

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evidence. The base of reality. Some call this God, or Great Spirit; Chi, Prana, Life force. If this is the one thing all is built upon, reverse engineering will reveal the path it takes, the way it interacts. Think of it as a light bulb. Observing the light bulb will allow for detailed analysis of how it works. Observation of interacting factors will allow analysis of efficiency. It is all connected and reverse analysis will allow for a domino effect.

Finding this truth may only be achievable through meditation. Meditation is not what you do, but the state you are in. The state of meditation is the state of detachment from unnecessary concepts; when most people meditate, they report a loss in perception of time. Time is a man made concept; we know this from previous chapters. The best way to enter this meditative.

The way we interact with this reality is through our five senses. These senses act as lenses upon our perception; remove a

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sense and your perception of reality is changed. It is because of this change in perception that we will all find our truth through different means. One person may sing through songs, yet one may express their truth through body movement. A blind man interacts with reality in a very different manner compared to how someone with sight may.

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The origin of thoughts and their interaction with physicality

Physicality depends upon this thought process to exist; observation creates way for recognition, recognition can only be distinguished by contrast and comparison. Through recognition and comparison comes the arising of thought, thus ideas, concepts, leading on to experience. Experience paths way for again, comparison, then ideas and thoughts.

Physicality is a dependant arising. It depends upon external factors to exist. We all know that the observer takes control. The observer subjectifies reality. Heat would not be heat if the nerve ends in our skin did not convert electrostatic vibrations in the air into an observable factor. Science understands that concepts determine our limits. Take the five minute mile for example; it used to be

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believed that running a five minute mile was impossible. Then, someone did it. Then there was a continuous chain of records being broken. Once people understood that running a mile in under five minutes was possible, everyone began doing it. A more extreme example would be the monks and gurus that can hold a spear to the soft tissue on their throat with 2000 pounds of force behind them.

Many extensive experiments throughout standard and quantum physics have demonstrated how reality depends on an observer. This implies that physicality depends upon thought, but not the other way around.

The obvious way to figure this out would be to remove physicality from the equation. This can be done by observation before birth, or after death. Both of which are pretty

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impossible as of now. We might as well try
to be looking at the back of our heads.

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Reality is the common denominator

Everything in reality has a common denominator; that base essence binding everything together. Among this journey to the essence, all you will find is truth. Truth is essence without all of the unessential arisings we seem to attach to everything; it is the sculpture within the clay. This fact alone is intriguing due to the information that leads on from it.

Since every dependant arising holds a common denominator, we can perform any action and in the end obtain the same result.

Our interactions with reality reflect what we are living; any problems and issues, or joy and happiness we may feel is reflected in our perception. Learning how to intercept this signal, this relay will allow us to understand where an emotion or thought ay be arising from.

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What if we are such evolved beings because it gives us the ability to attain essence and truth from all actions we make? Rather than having the entire animal kingdom climb a tree to survive, the world decides to give multiple opportunities for survival. In other words, if the only way to attain enlightenment was through writing, those who cannot or struggle to write may never attain enlightenment in their lifetime.

The way forward, the way to essence is to perform the artful act that expresses you right down to the core. If you are a hula dancer, dance; if you're a healer, heal. It is much easier to follow the path of least resistance; nature demonstrates this. Do what you love, it becomes easier.

Meditation is not an action, but a state you are in. Meditate, enter that state of bliss, for it is the only route to peace and truth.